

# PUSH vs. PULL



# Make the choice...to protect yourself!

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You are much more important than anything  
that needs to go from here to there.



## Before you push or pull...

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Choose to PUSH...whenever possible.

# Choose to PUSH...whenever possible.

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## When you PULL...

- You cannot see where you are going...if you walk backwards.



# Choose to PUSH...whenever possible.

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## When you PULL...

- **You cause stress** on your shoulders... if you walk forwards.
- Your arm is stretched behind your back in an awkward position that increases the chance for injury.



- **The cart can run over your feet** or strike your ankles.



# Choose to PUSH...whenever possible.

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## When you PUSH...

- **You can see** where you're going.
- **You cause less stress** on your shoulders and decrease the the chance for injury.
- **You can apply more force** by leaning your body weight into the load, making the work easier.



# Whenever you PUSH or PULL...

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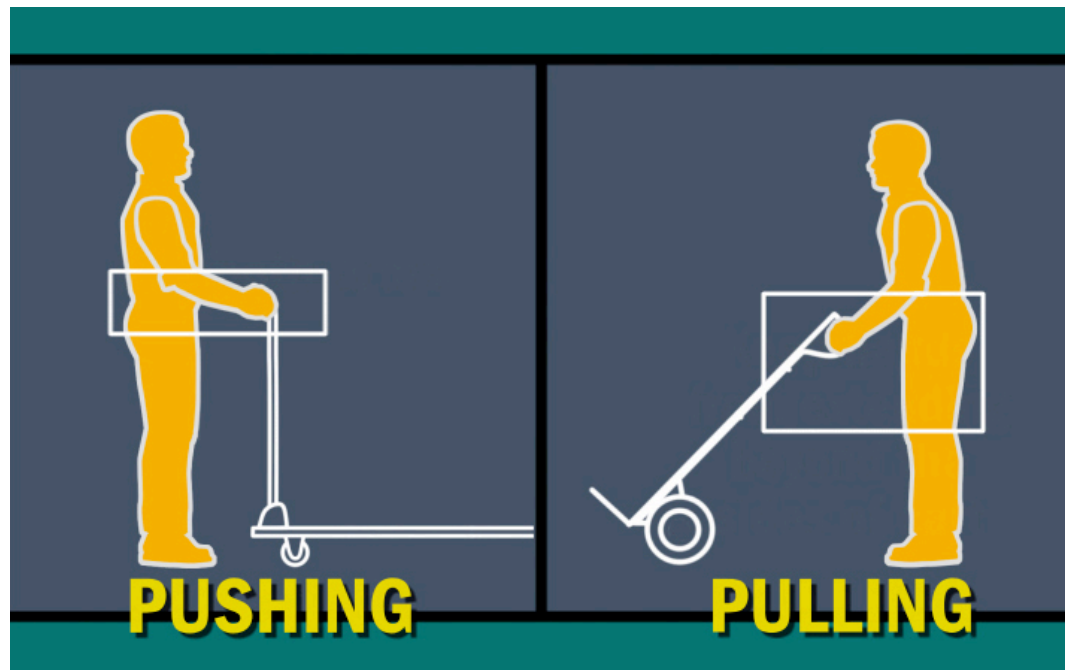
- Place your hands at the correct height.

## For PUSHING

Between your elbow and hip

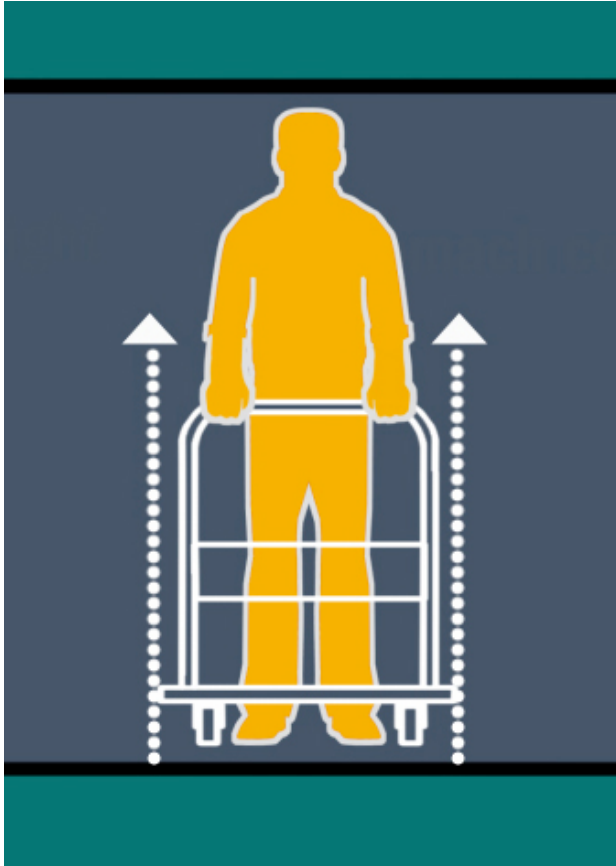
## For PULLING

Between your hip and knee



# Whenever you PUSH or PULL...

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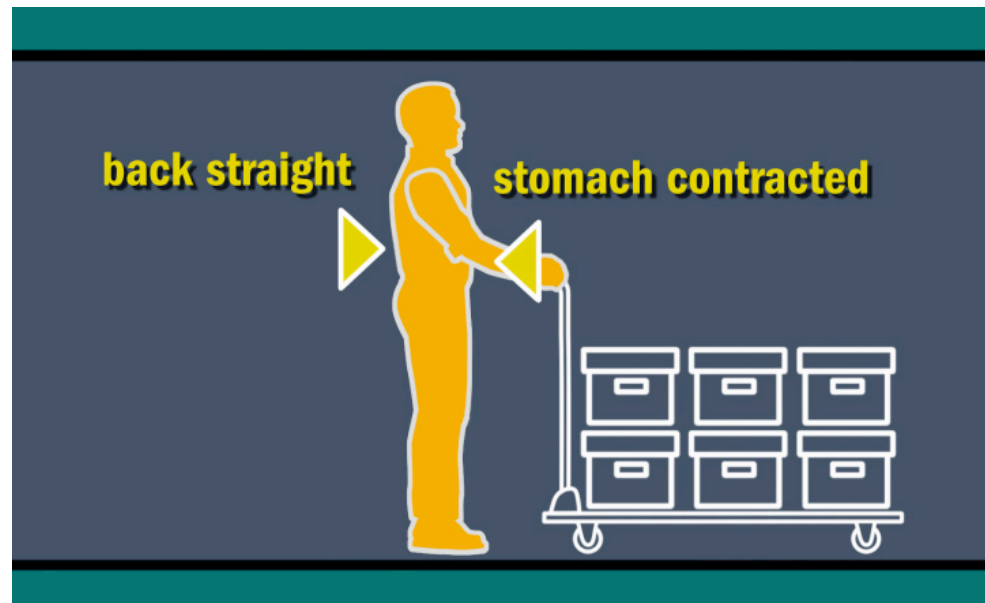
- **Use both arms.**
- **Place your hands within the sides of the cart or equipment.**



# Whenever you PUSH or PULL...

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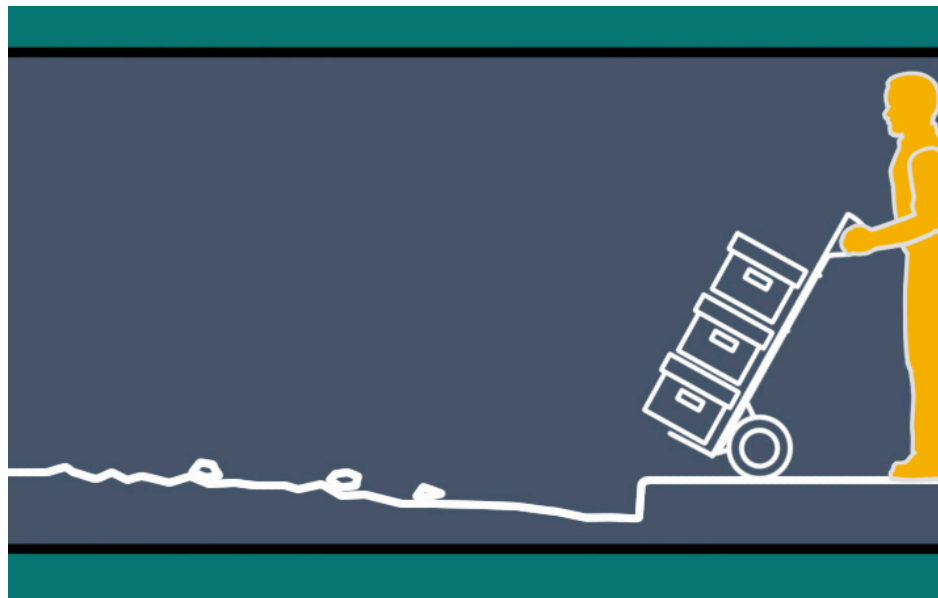
- **Keep your back straight.**
- **Contract your stomach muscles.**
- **Stay close to the item you are moving.**
- **Wear appropriate footwear.**



# Whenever you PUSH or PULL...

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- **Clear rolling surfaces clear of debris.**
- **Avoid rough or uneven surfaces.**
- **Use high quality wheels or casters.**
  - Larger diameter wheels roll better.



# Whenever you PUSH or PULL...

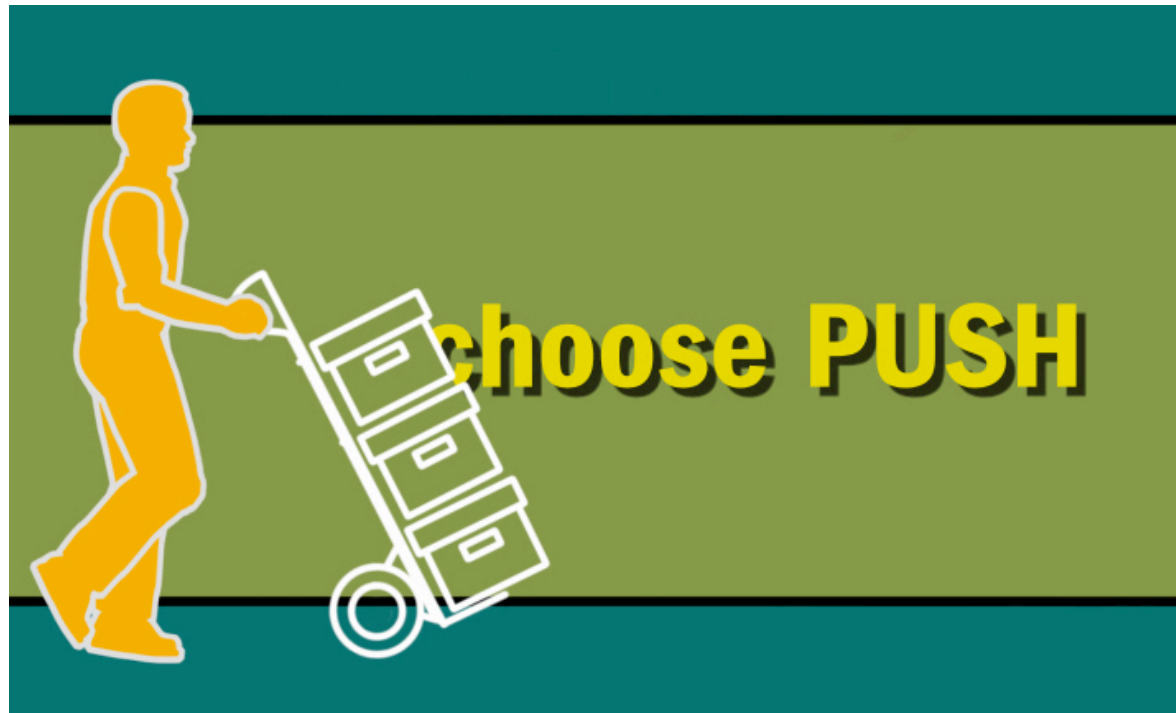
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- **Stabilize and secure** the loaded cart or equipment.
  - Trying to catch a falling load may lead to an injury.



## Make a choice...

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Choose to **PUSH** instead of PULL...whenever you can.  
Choose the safest way.

## Make a choice...

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